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INTER-COLLEGIATE
CROSS COUNTRY
ASSOCIATION

OF

Amateur Athletes
—of America—

CONSTITUTION AND BY-LAWS

November, 1904

PUBLISHED BY
THE AMERICAN SPORTS PUBLISHING CO.
15 WARREN STREET, NEW YORK

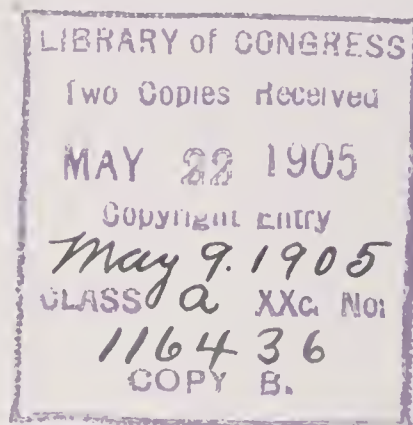
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NEW YORK

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COLLEGES IN THE ASSOCIATION.

COLUMBIA

NEW YORK UNIVERSITY

CORNELL

PRINCETON

HARVARD

UNIVERSITY OF PENNSYLVANIA

YALE

INTERCOLLEGIATE CROSS COUNTRY CHAMPIONSHIP.

Held at Travers Island, N. Y., Nov. 23, 1904.

TEAM SCORES.

Cornell—Newman, 1; Magoffin, 2; Munson, 4; Starr, 5. Total, 12 points.
 Pennsylvania—Major, 8; Hoskins, 9; McCurdy, 10; Samans, 14. Total, 41 points.
 Yale—Hail, 3; Alcott, 15; Armstrong, 16; Beardsley, 17. Total, 51 points.
 Harvard—Howard, 7; Whitaker, 12; Lamson, 13; Crosby, 20. Total, 52 points.
 Columbia—McDonald, 6; Dussel, 18; Rupp, 23; Green, 26. Total, 73 points.

TIME.		TIME.	
M.	S.	M.	S.
E. T. Newman, Cornell...	32 52	C. R. Beardsley, Yale.....	35 45
C. T. Magoffin, Cornell....	33 1	W. J. Dussel, Columbia....	35 47
W. J. Hall, Yale.....	33 17	G. C. Hemingway, Cornell...	35 58
D. C. Munson, Cornell....	34 6	M. G. Crosby, Harvard....	36 1
A. Starr, Cornell.....	34 15	M. Sleeth, Cornell.....	36 93-5
C. D. McDonald, Columbia...	34 154-5	E. G. Parkhurst, Yale....	36 18
W. G. Howard, Harvard...34	35	F. L. Rupp, Columbia....	36 28
C. R. Major, Pennsylvania...	34 49	H. H. Rowland, Harvard...	36 40
F. Hoskins, Pennsylvania...	34 51	B. H. Woodward, Yale...36	42
J. R. McCurdy, Penna....34	52	R. de C. Green, Columbia...	37 21
H. S. Trube, Cornell.....34	54	L. N. Kniffin, Columbia...37	213-5
S. A. Whitaker, Harvard...34	55	C. T. Fulton, Columbia....	38 53
K. W. Lamson, Harvard...35	6	E. D. Hill, Yale.....	39 9
W. A. Samans, Penna....35	16	S. M. T. Peters, Penna...40	13
C. B. Alcott, Yale.....35	33	L. G. Leary, Pennsylvania...	40 44
W. P. Armstrong, Yale...35	34		

INTERCOLLEGIATE TEAM CROSS COUNTRY CHAMPIONS.

1899—Cornell University, 24 points, Morris Park, N. Y.
 1900—Cornell University, 26 points, Morris Park, N. Y.
 1901—Yale University, 22 points, Morris Park, N. Y.
 1902—Cornell University, 24 points, Morris Park, N. Y.
 1903—Cornell University, 12 points, Travers Island, N. Y.
 1904—Cornell University, 12 points, Travers Island, N. Y.

INTERCOLLEGIATE INDIVIDUAL CROSS COUNTRY CHAMPIONS.

1899—John F. Cregan, Princeton University, 34m. 52-5s.
 1900—Alex Grant, University of Pennsylvania, 34m. 17s.
 1901—D. W. Franchot, Yale University, 34m. 20s.
 1902—A. C. Bowen, University of Pennsylvania, 35m.
 1903—W. E. Schutt, Cornell University, 33m. 15s.
 1904—E. T. Newman, Cornell University, 32m. 52s.

Inter-Collegiate Cross-Country Association of Amateur Athletes of America.

CONSTITUTION.

ARTICLE I.

Name.

SECTION 1. This Association shall be known as the INTER - COLLEGIATE CROSS - COUNTRY ASSOCIATION OF AMATEUR ATHLETES OF AMERICA.

ARTICLE II.

Object and Jurisdiction.

SECTION 1. The object of this Association shall be the advancement of cross-country running among colleges, and the protection of the interests of that sport.

SEC. 2. This Association declares its absolute jurisdiction among colleges of the Association over all running for distances longer than two miles, except track running, and except as restricted by Article V.

ARTICLE III.

Membership.

SECTION 1. The membership in this Association shall be limited to colleges of good and regular standing.

SEC. 2. Any college desiring to join the Association shall send to the Secretary a written application for membership, said application to be submitted to the Association at any meeting.

SEC. 3. A majority vote of all colleges in the Association shall be necessary to elect to membership.

SEC. 4. Only members of the associate colleges shall be eligible to compete either on team or as individuals in the annual meet.

ARTICLE IV.

Obligation of Membership.

SECTION 1. Each associate college agrees to send a team to the annual meet, and to accept the rules of this Association.

SEC. 2. Any associate college which shall fail to send a team to the annual meet shall pay a fine of twenty dollars before the next convention of the Association after that meet, and in default of such payment, such college shall forfeit its membership.

ARTICLE V.

Government.

SECTION 1. This Association shall be an independent organization, governed by its own constitution and rules. It accepts, however, the Laws of Athletics as laid down, or as shall be laid down, by the Inter-Collegiate Association of Amateur Athletes of America.

SEC. 2. This Association shall not take any action which is opposed to the constitution or rules of the Inter-Collegiate A. A. A. A., and it looks to the latter Association for sanction and encouragement.

ARTICLE VI.

Management.

SECTION 1. The management of this Association shall be entrusted to an Executive Committee, consisting of one representative from each associate college. No man shall be eligible as representative whose college course will end

sooner than one year from the date of his appointment or election.

SEC. 2. The term of office of each representative shall begin with the annual convention and hold until the next annual convention.

SEC. 3. No proxy shall act as representative without presentation of a signed statement, by the captain of the cross-country team of that college, that he is the duly chosen representative.

SEC. 4. Vacancies in the membership of the Executive Committee, arising from any cause whatever, shall be filled by an undergraduate appointed by the college which said member represented.

ARTICLE VII.

Officers.

SECTION 1. The officers of this Association shall be a President, a Treasurer, a Secretary, and a Manager. They shall be chosen from among the members of the Executive Committee, and shall hold office for one calendar year. They shall be elected at the annual convention by a majority vote of all colleges there represented.

SEC. 2. In case any officer, other than President, resign his office, by so doing he forfeits his membership in the Executive Committee, and the college which he represented shall immediately appoint a new member for the committee, the new member to assume the office previously held by the former member.

SEC. 3. In case of a vacancy in the office of President, the college that the last incumbent represented shall immediately appoint an undergraduate as a representative to the Executive Committee. The Secretary shall thereupon call a meeting of the Executive Committee, which shall elect from among its members a new President.

SEC. 4. The Secretary, the Treasurer, and the Manager shall have all voting and other privileges of members of the Executive Committee.

SEC. 5. No officer of this Association shall receive any money for his services.

ARTICLE VIII.

Duties of Officers.

SECTION 1. The President shall preside at all meetings of the Executive Committee, appoint all sub-committees, audit and approve all bills, and order meetings of the Executive Committee, whenever in his judgment he may deem it necessary. He may vote in all elections, but not on motions except in case of a tie.

SEC. 2. The Treasurer shall collect and have charge of all moneys belonging to the Association, shall pay all bills when properly approved, and submit a report thereof to the Executive Committee at the annual convention, or whenever called upon to do so. The annual report shall be submitted [to the incoming President for auditing, to whom also the Treasurer shall present receipts for all expenditures.

SEC. 3. The Secretary shall keep the minutes of the Executive Committee, shall conduct the correspondence, and shall have charge of and be responsible for all books and papers except those of the Manager and Treasurer. It shall be his duty to send the Official Handbook to the colleges of the Association as soon as practicable after the annual convention.

SEC. 4. The Manager shall be chairman of a committee of three, which shall have entire control of the annual meet. This committee shall attend to all matters relating to the annual meet, such as advertising, tickets, grounds, etc., and shall have power to contract all bills in connection with the meet. Not more than five days after the meet, the Manager shall submit to the Treasurer an itemized account of all expenses therein incurred. The Manager shall present a report of the meet to the Executive Committee at the annual convention.

ARTICLE IX.

Special Meetings.

A special meeting may be called at the written request of any three colleges belonging to this Association, provided that a notice of such meeting and of the object for which it is called be sent to every associate college at least fifteen days before the date assigned for such meeting.

ARTICLE X.

Annual Convention.

The annual convention of this Association shall be held in New York City, at 2 o'clock P. M., upon the second Saturday in March in each year.

ARTICLE XI.

Alumni.

Any alumnus, ex-member, or graduate of an associate college may be present at all meetings of the Association, may make motions, shall be allowed to enter into discussion, but not to vote.

ARTICLE XII.

Amateur, Definition, Etc.

This Association accepts the rules of the Inter-Collegiate A. A. A. A. in the matters of Amateur Definition, Eligibility for Competition, and Times of Competition.

ARTICLE XIII.

Penalties.

Any violation in letter or spirit of the rules of the Association shall render a college or competitor liable to suspension or expulsion by a two-thirds vote of all the colleges in the Association.

ARTICLE XIV.

Amendments.

No addition, alteration, or amendment shall be made to this Constitution at any meeting, except by a two-thirds vote of the colleges belonging to the Association.

BY-LAWS.

ARTICLE I.

Order of Business.

The order of business of this Association shall be :

1. Qualification of representatives, when necessary.
2. Roll call of colleges.
3. Reading, correction, and adoption of minutes.
4. Election of officers.
5. Reports of officers and committees.
6. Communications.
7. Unfinished business.
8. New business.

ARTICLE II.

Dues and Entrance Fee.

The entrance fee of this Association shall be twenty-five dollars. The annual dues shall be ten dollars, payable on or before the fifteenth of October.

ARTICLE III.

Dividends.

The Executive Committee may at any annual convention at their discretion declare a dividend to be divided equally among the colleges of the Association.

ARTICLE IV.

Annual Meet.

SECTION I. The entire management of the annual meet shall be entrusted to a committee of three, consisting of the Manager as chairman, and two members of the Executive Committee appointed by the President.

SEC. 2. The meet shall be held on such a date in November as the committee in charge may designate. Notice of date and course shall be sent by the Manager to each associate college at least three weeks before the meet.

Any associate college which shall fail to be represented at the annual meet by at least two men shall pay a fine of twenty dollars (\$20).

SEC. 3. The officials for the meet shall be chosen as follows: The Referee, who shall be a non-college man, shall be selected by the committee at least five weeks before the meet. The Referee shall at once make nominations of at least two candidates for each office needed for the proper management of the meet; and from such nominations the committee shall, at least three days before the meet, choose the officials. The starter shall be a professional of known integrity and ability.

SEC. 4. Entries shall be made to the Manager and shall close two weeks before the meet. At least ten days before the meet, the Manager shall send a printed list of all entries to all the colleges of the Association. Protests must be sent to the Manager as soon as this list is received, stating the grounds upon which the protest is made. The Manager shall at once notify the man protested, stating the grounds of the protest. On receipt of this notice, the man protested shall immediately forward to the committee evidence of his eligibility to compete. The committee may then decide the case, or, in their discretion appoint a subsequent date, at which, after due notice, both sides may appear and be heard.

SEC. 5. No college shall enter more than fifteen men, nor run more than seven. The first four of each college to finish shall count as the team for that college.

SEC. 6. In case any associate college fails to be represented by a full team in the annual meet an entry fee of two dollars must accompany each individual entry.

SEC. 7. The position of the colleges shall be determined by lot immediately before the start. Each college may have two men in each rank of starters.

SEC. 8. A gold medal shall be given to the man making first place, a silver medal to the man making second, and a bronze medal to the man making third. Team medals shall be given to each member of the three first teams,—gold to first, silver to second, bronze to third.

ARTICLE V.

Amendments.

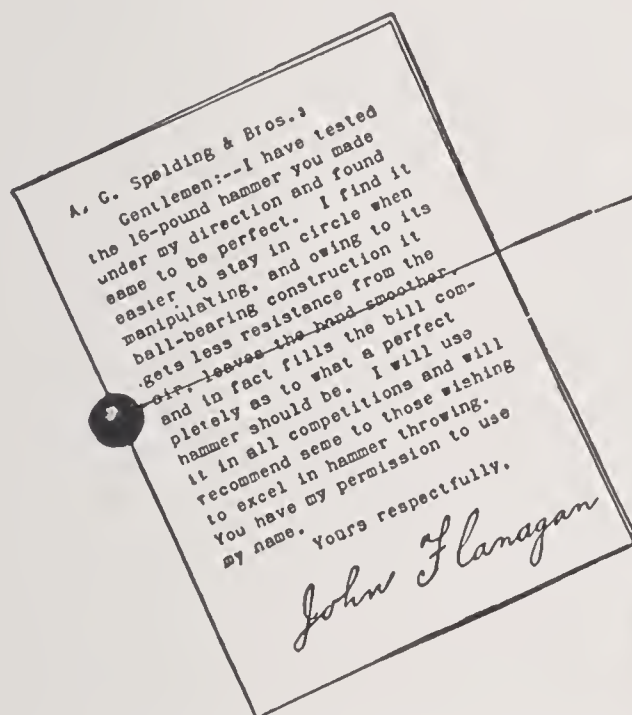
These by-laws may be altered, amended, or suspended at any meeting of the Association by a two-thirds vote of the colleges belonging to the Association.

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

Spalding Championship Hammer

BALL-BEARING SWIVEL



THE SPALDING CHAMPIONSHIP Originally designed by **BALL-BEARING HAMMER.** signed by John Flanagan, the champion of the world, has been highly endorsed only after repeated trials in championship events. The benefits of the ball-bearing construction will be quickly appreciated by all hammer throwers. Each hammer put up complete in sole leather carrying case.

No. 02.	12-lb., with sole leather case.	\$12.00
No. 06.	16-lb., with sole leather case.	12.00
No. 02X.	12-lb., without sole leather case.	10.00
No. 06X.	16-lb., without sole leather case.	10.00

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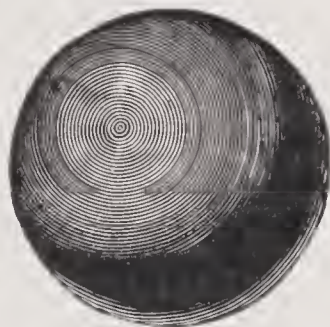
Spalding's New Regulation Hammer With Wire Handle

<i>Lead</i>	EACH
No. 9. 12-lb., Lead, Practice,	\$4.25
No. 10. 16-lb., Lead, Regulation,	4.50

<i>Iron</i>	EACH
No. 12. 8-lb., Iron, Juvenile,	\$2.50
No. 14. 12-lb., Iron, Practice,	3.00
No. 15. 16-lb., Iron, Regulation,	3.25

<i>Extra Wire Handles</i>	EACH
No. 6H. For above hammers,	50c.

Shot



No. 19.	16-lb., Lead.	Each, \$2.50
No. 21.	12-lb., Lead.	" 2.25
No. 23.	16-lb., Iron.	" 1.75
No. 25.	12-lb., Iron.	" 1.50
No. 18.	8-lb., Iron.	" 1.25



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Indoor Shot

With our improved leather cover. Does not lose weight even when used constantly.

No. 3. 12-lb. Indoor Shot. Each, \$7.00

No. 4. 16-lb. Indoor Shot. " 7.50

No. 26. 8-lb. Indoor Shot. " 5.00

Regulation 56-lb. Weights

Made after model submitted by Champion J. S. Mitchel, and endorsed by all weight throwers. Packed in box and guaranteed correct in weight and in exact accordance with rules of A. A. U.

No. 2

Lead 56-lb. Weights
Complete, \$8.50

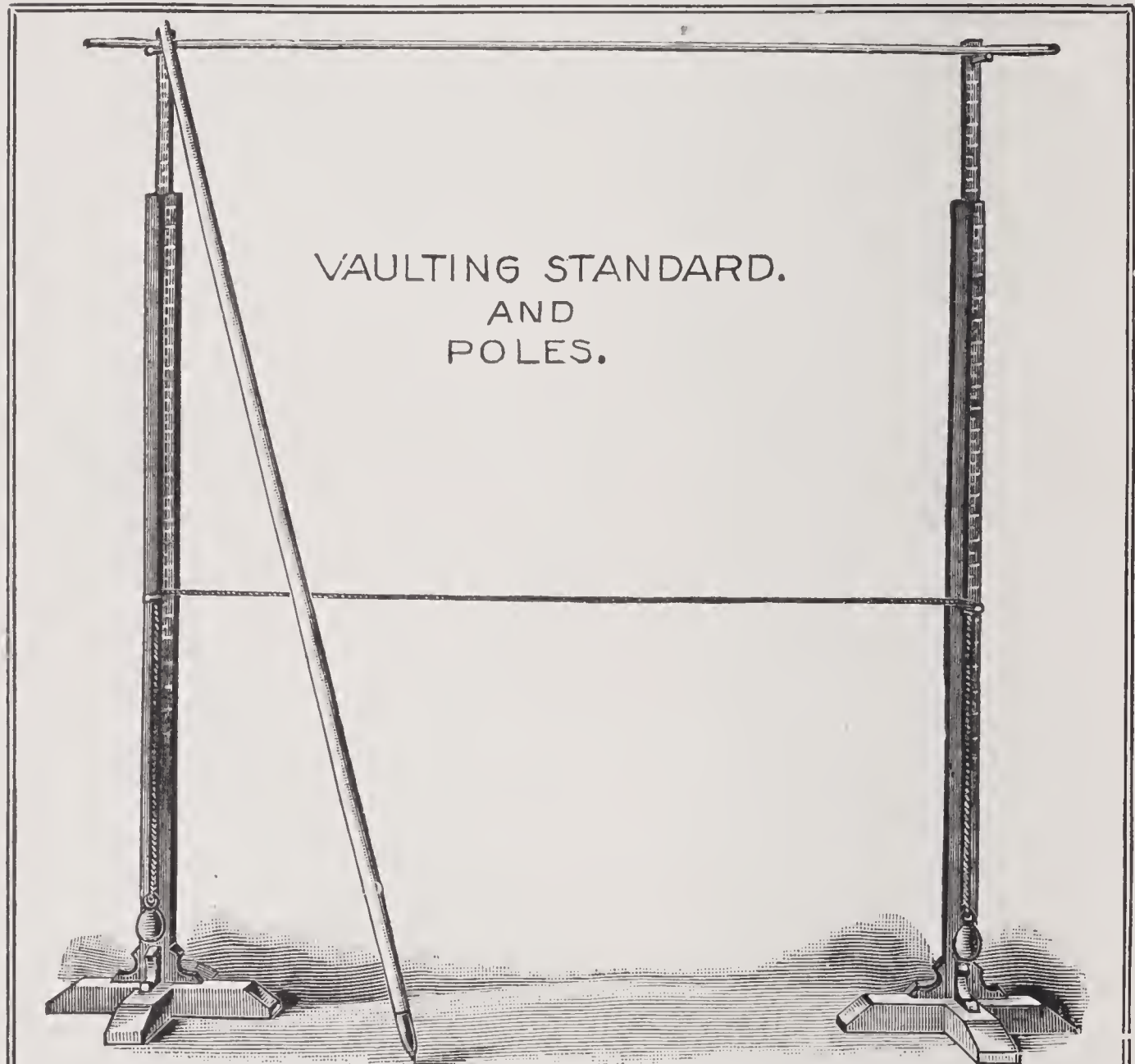


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Vaulting Standards

No. 109. Wooden uprights, graduated in quarter inches, adjustable to 12 feet.
Complete, \$15.00

No. 110. Wooden uprights, inch graduations, adjustable to 10 feet, \$10.00

No. 111. Wooden uprights, inch graduations, 7 feet high. 7.00

Cross Bars

No. 112. Hickory. Per doz., \$3.00

No. 113. Pine. Per doz., \$2.00

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Vaulting Poles — Selected Spruce

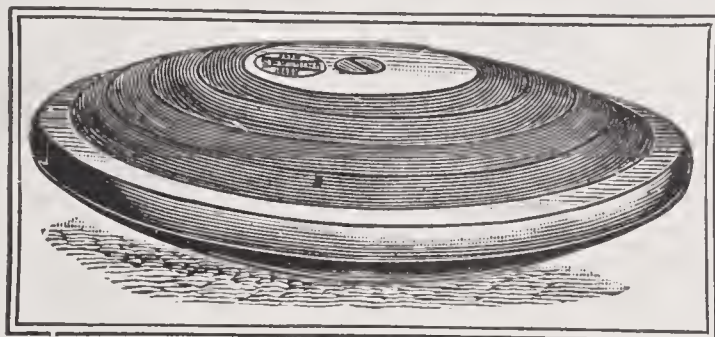
No. 100.	8 feet long, solid.	. Each, \$3.00
No. 101.	10 feet long, solid.	. “ 4.00
No. 102.	12 feet long, solid.	. “ 5.00
No. 103.	14 feet long, solid.	. “ 6.00

Hollow Spruce Poles

Considerably lighter than the solid poles, and the special preparation with which we fill the interior of pole greatly increases the strength and stiffness.

No. 200.	8 feet long, hollow.	. Each, \$8.00
No. 201.	10 feet long, hollow.	. “ 8.50
No. 202.	12 feet long, hollow.	. “ 9.00
No. 203.	14 feet long, hollow.	. “ 9.50

Spalding's Olympic Discus



An exact reproduction of the discus used in the Olympic games at Athens, Greece, by Robert Garrett, of Princeton, the winner. Sealed in box and guaranteed absolutely correct.

Each, \$5.00

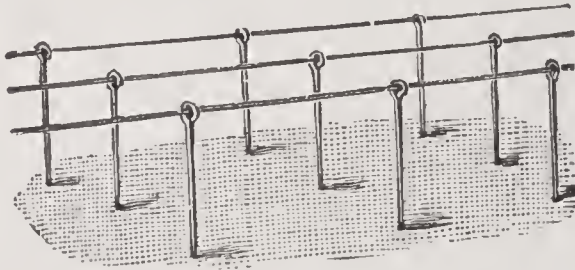
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Lanes for Sprint Races



We supply in this set sufficient stakes and cord to lay out four 100-yard lanes. Stakes are made with pointed end and sufficiently strong so that they can be driven into hard ground.

No. L. Per set, \$15.00

Starters' Pistol



32 caliber, 2-inch barrel. Patent ejecting device.

Each, \$4.75

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

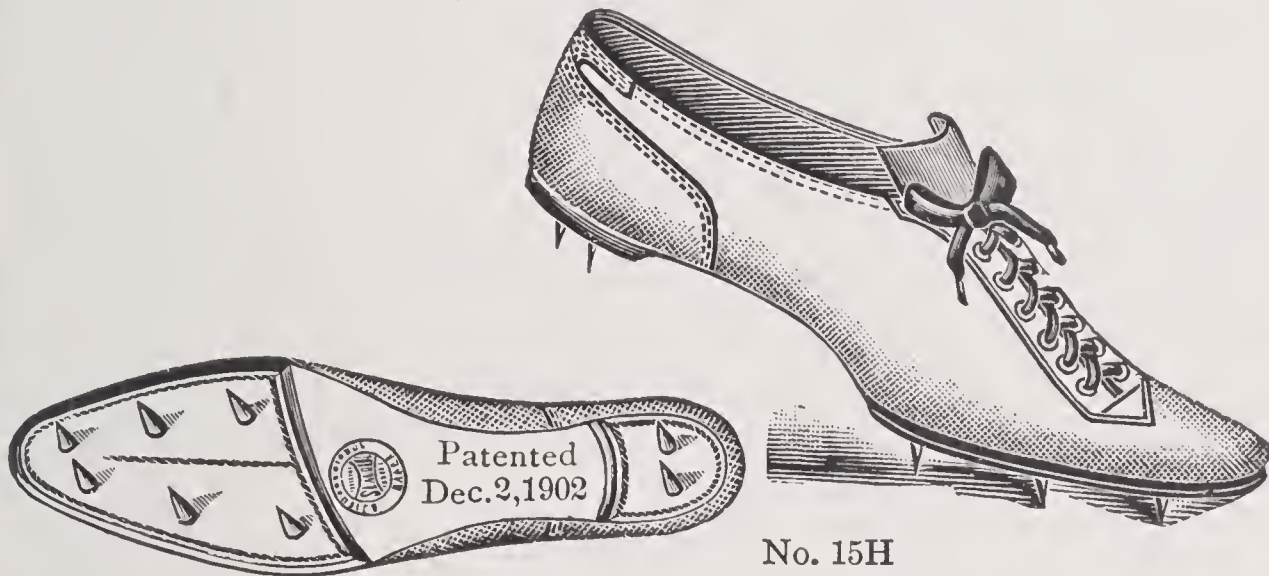
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Spalding Patented Running and Jumping Shoes



No. 15H

Same as No. O, but short spikes for indoor running.

No. 120. Per pair, \$5.00

Made on same principle as our patented running shoe, but with two spikes in heel. This heel is made of rubber and acts as a perfect cushion, stopping all jar, thus doing away with disadvantage possessed by ordinary jumping shoes.

No. 15H. Per pair, \$6.00

Same as No. 15H, but short spikes for indoor jumping.

No. 110. Per pair, \$5.50

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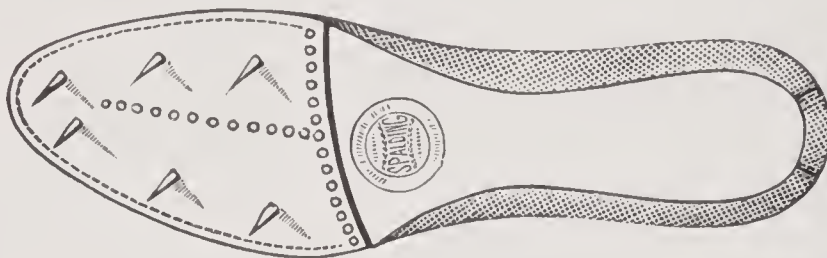
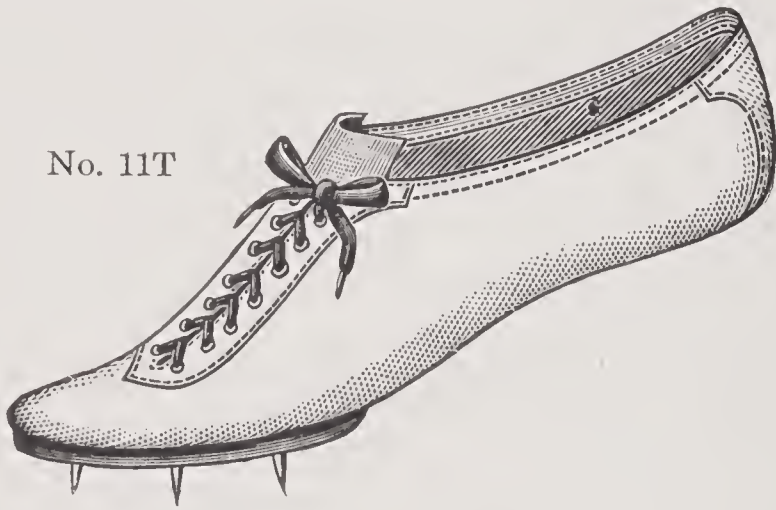
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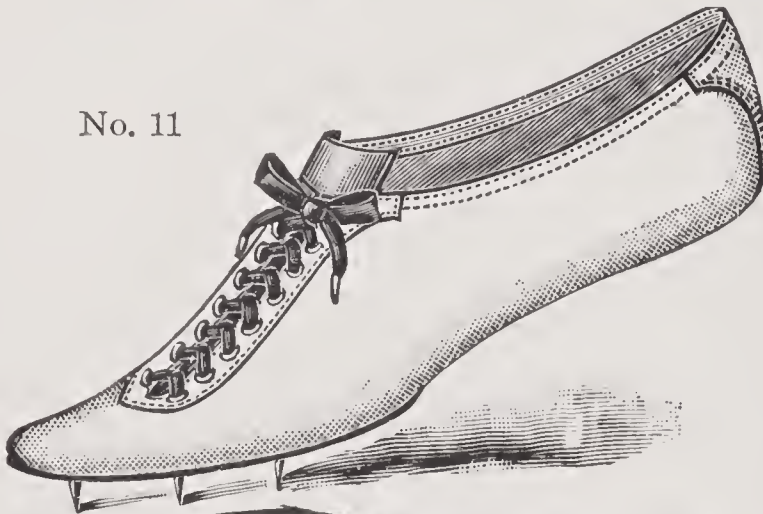
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No. 11T



No. 11



Running Shoes

Calfskin Running Shoe, machine made; solid leather tap sole holds spikes firmly in place.

No. 11T
Pair, \$3.50

Calfskin Running Shoe, machine made.

No. 11
Pair, \$3.00

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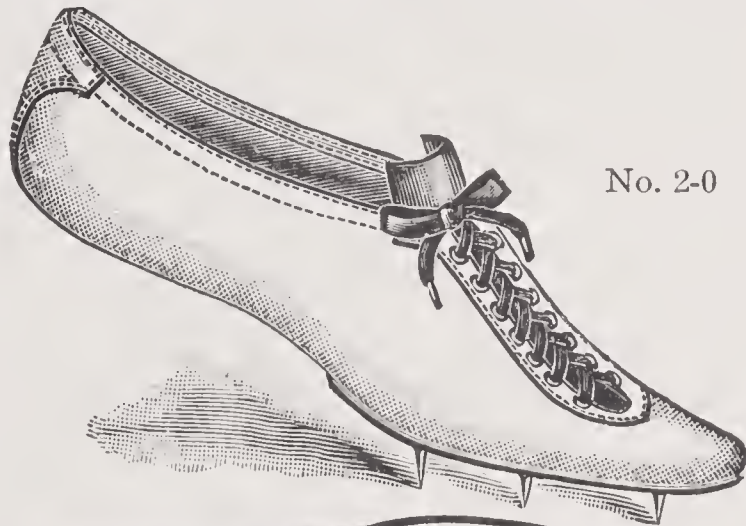
Running Shoes

This Running Shoe is made of the finest Kangaroo Leather; extremely light and glove-fitting; best English steel spikes firmly riveted on.

No. 2-0
Pair, \$5.00

Finest Calfskin Running Shoe; light weight, hand-made, six spikes.

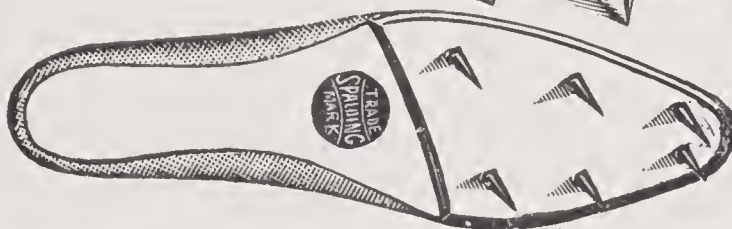
No. 10
Pair, \$4.00



No. 2-0



No. 10



Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address,

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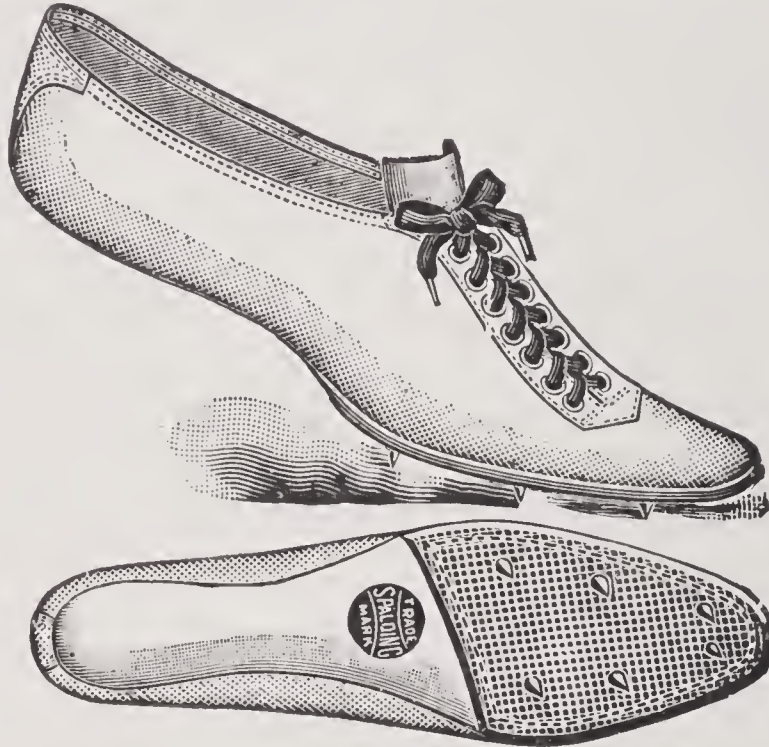
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INDOOR RUNNING SHOES

Made With or Without Spikes.



Fine leather, rubber tipped sole, with spikes.

No. 111. Per pair, \$3.50

Leather shoe, rubber tipped, with spikes.

No. 112. Per pair, \$3.00

Leather shoe, rubber tipped, no spikes.

No. 114. Per pair, \$2.50

INDOOR JUMPING SHOES

Best leather Indoor Jumping Shoe, hand-made,
rubber soles.

No. 210. Per pair, \$5.00

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Cross Country Shoes

Finest Kangaroo leather; low broad heel, flexible shank, hand-sewed; six spikes on sole; with or without spikes on heel.

No. 14C.
Per pair, \$5.00



Jumping and Hurdling Shoes

Fine Kangaroo leather, hand made, specially stiffened sole, and spikes in heel, placed according to latest ideas, to assist jumper.

No. 14H.
Per pair, \$5.00

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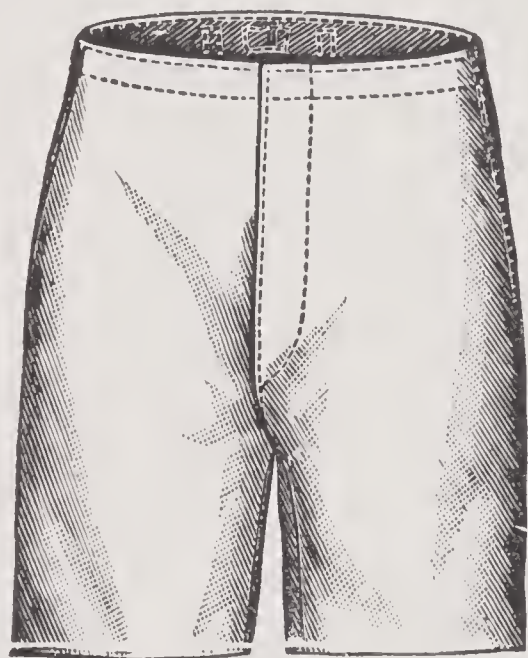
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Running Pants



White or black Sateen, fly front, lace back.

No. 1.

Per pair, \$1.25

White or black Sateen, lace back, fly front.

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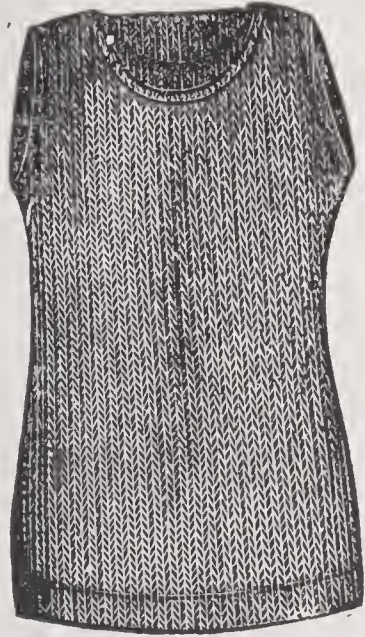
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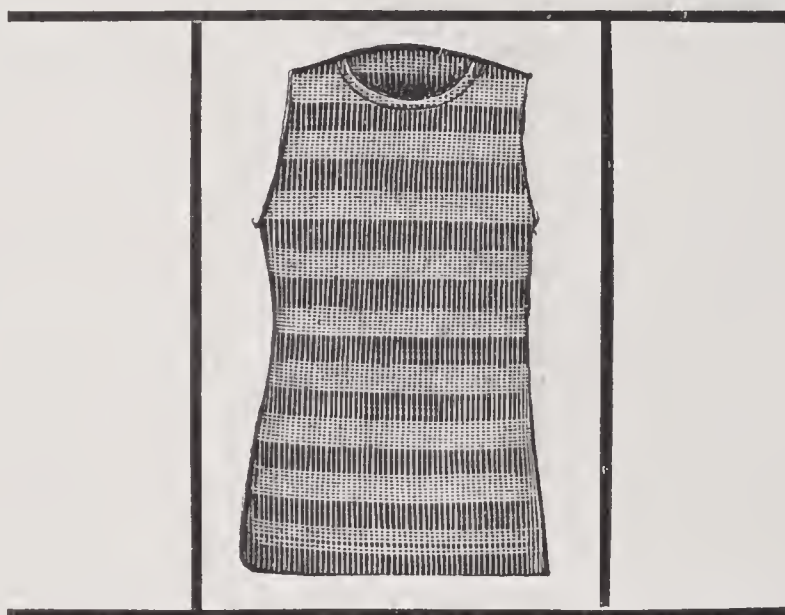
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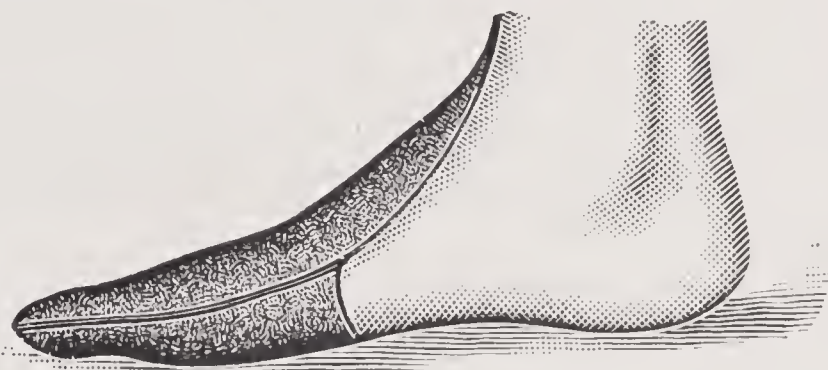
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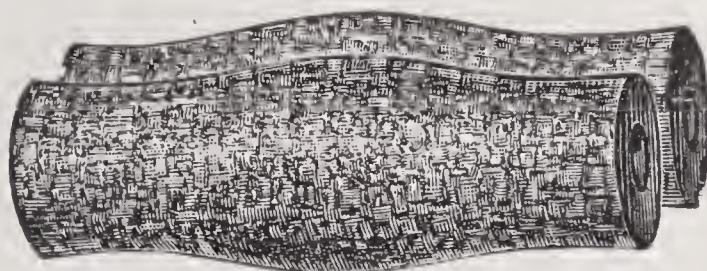
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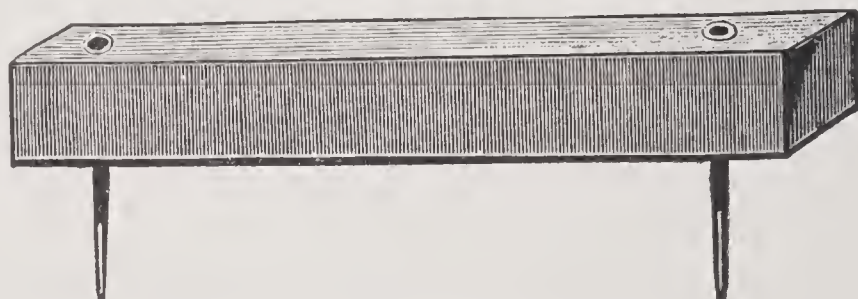
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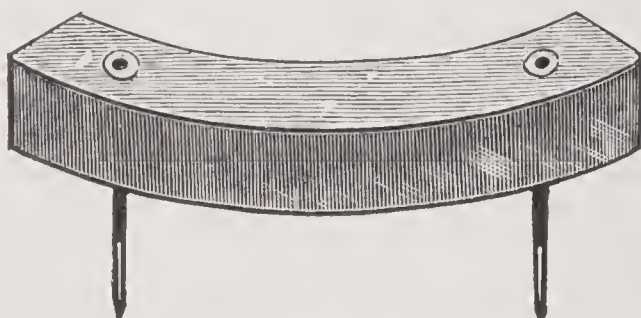


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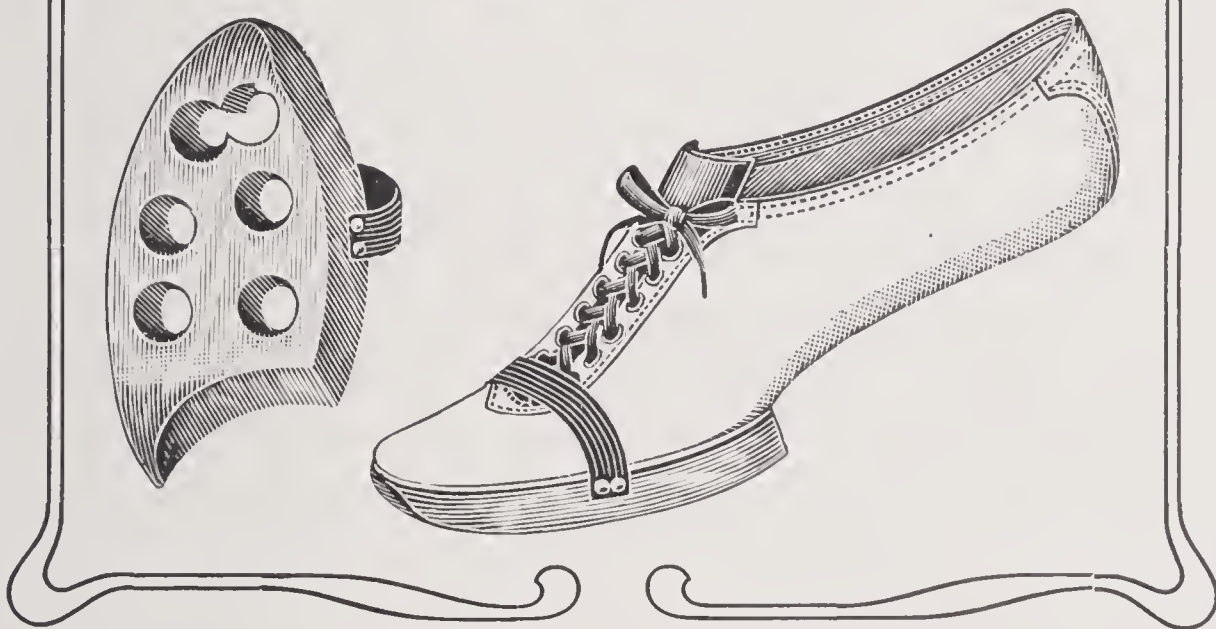
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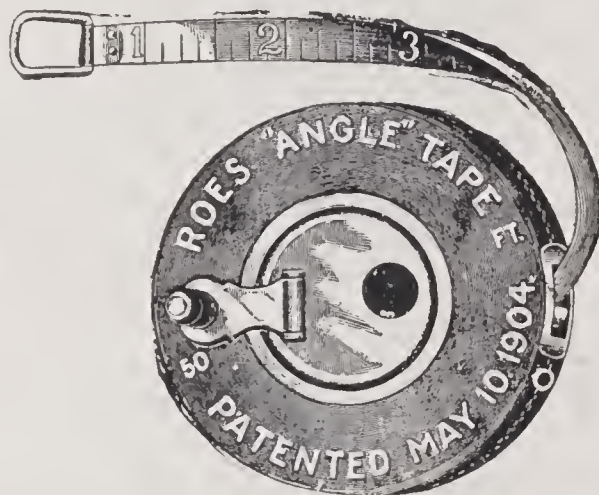
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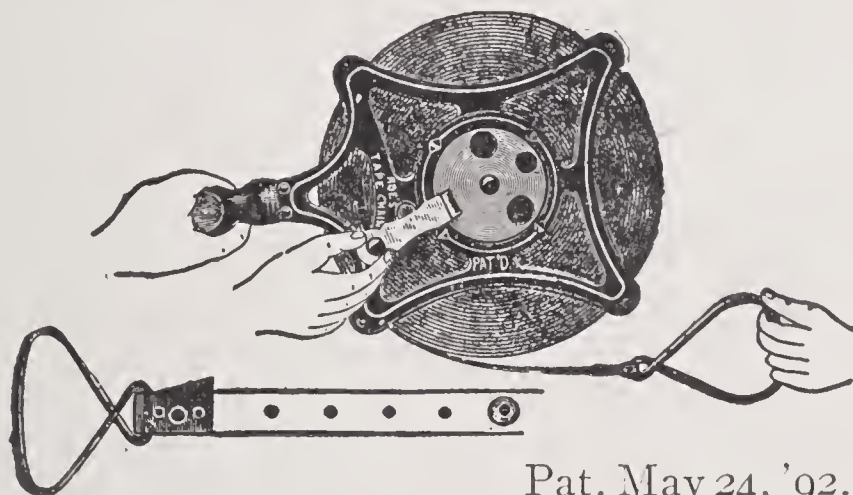
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Pat. May 24, '92.

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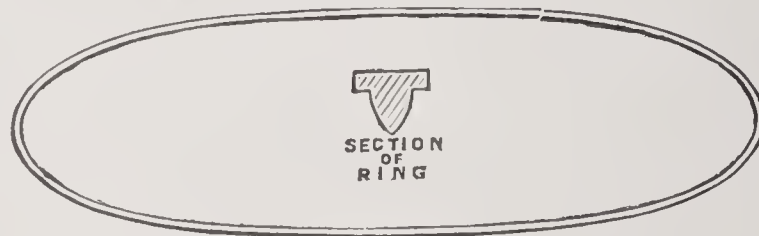
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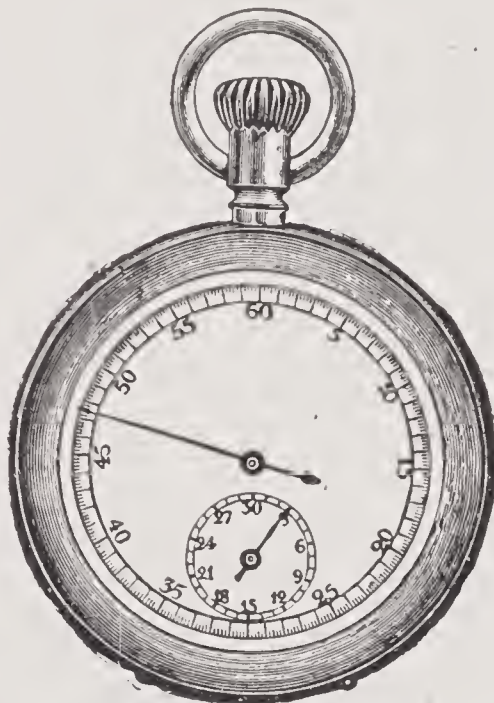
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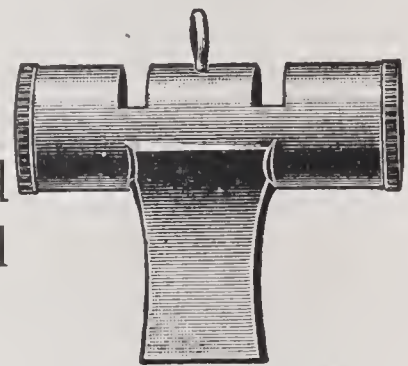


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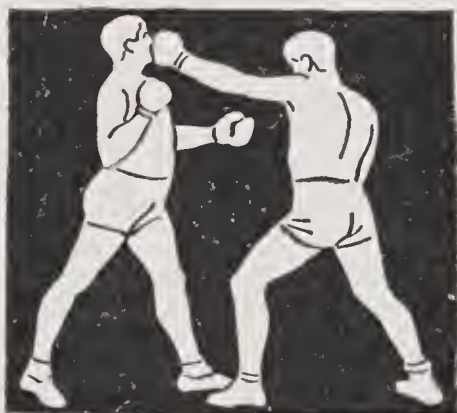
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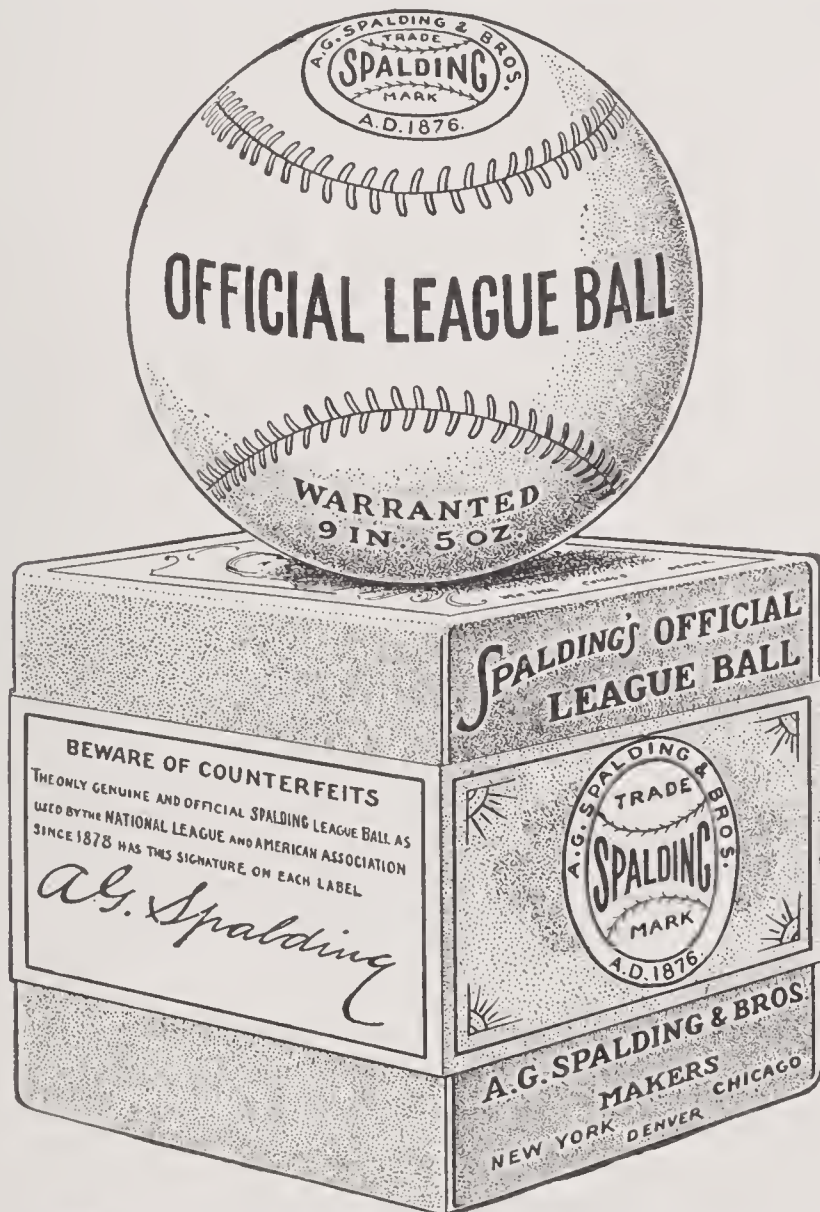
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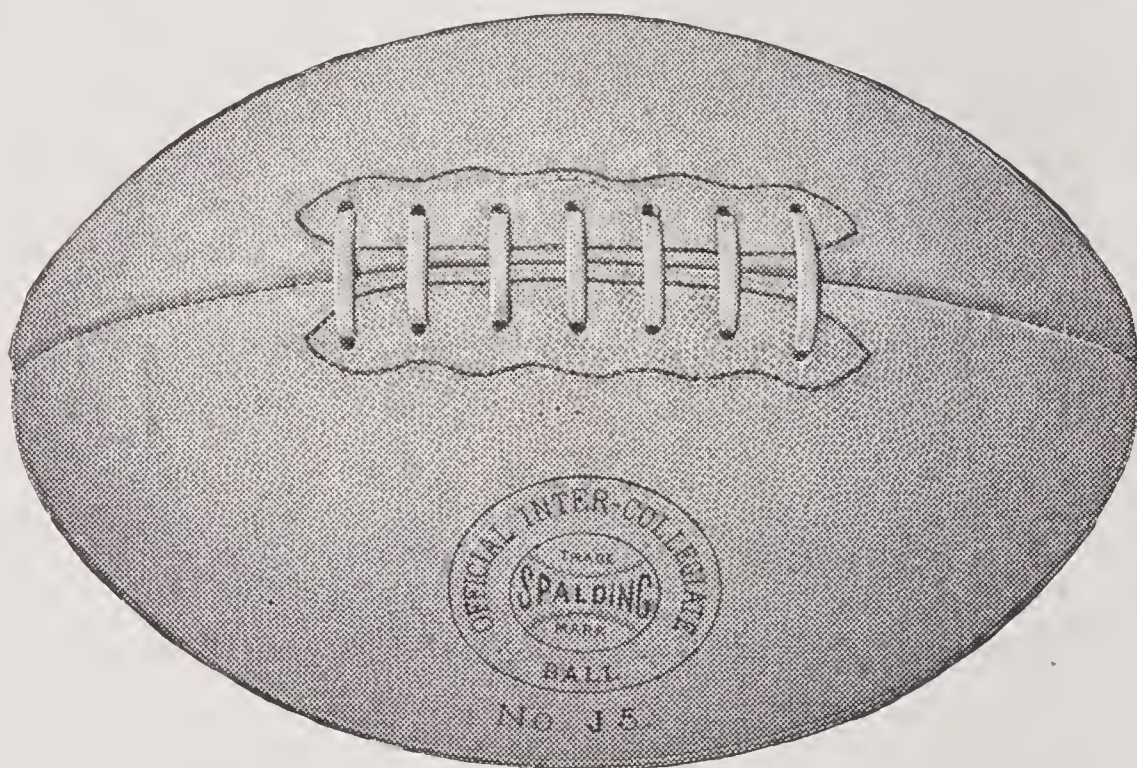
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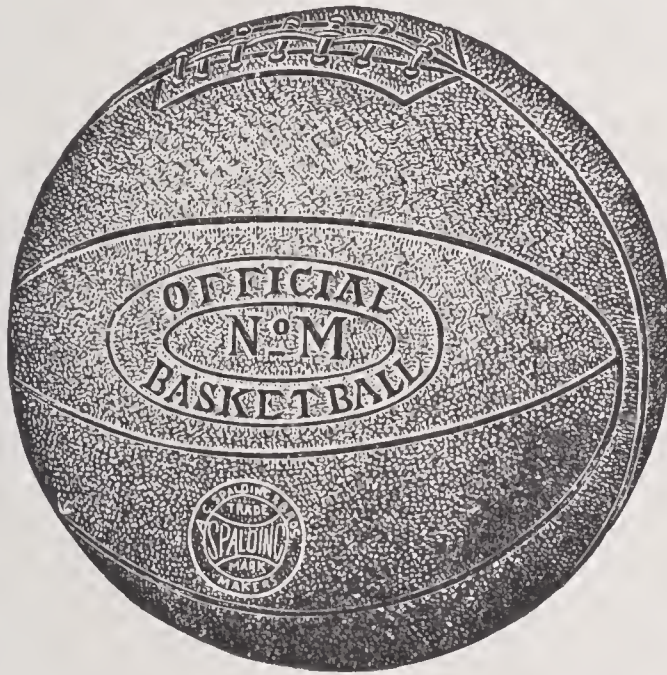
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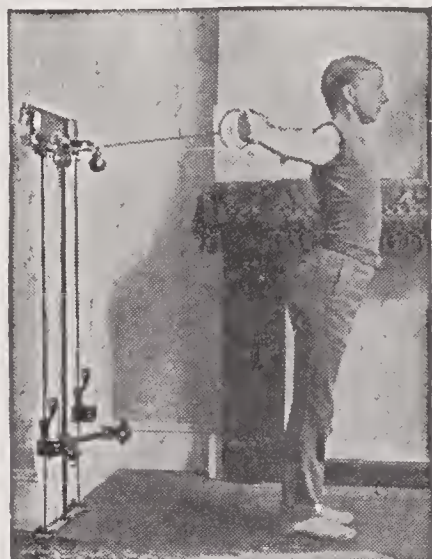
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For many years publications have been issued on the art of boxing that to a certain extent did not enable the novice nor the youth to become proficient in the manly art. There is probably no man in America better qualified to teach boxing than Prof. William Elmer, and in his book on the subject he goes into it very exhaustively. The book contains about seventy full page illustrations, showing how each blow is to be made, how to attack and how to defend yourself. It shows how the hands must be held and the positions to take, with descriptions that are so accurate that any boy can take them, open them up and with a young friend become proficient. Besides being a fully illustrated book on the art of self-defence, it contains nearly all the photographs of the leading American boxers and the positions they take, which in itself is instructive; the different rules under which all contests are held, and articles which will interest anyone on the question of physical education. In order to make this publication the most accurate one issued, Prof. Elmer had his sparring partner posed personally for all the illustrations.

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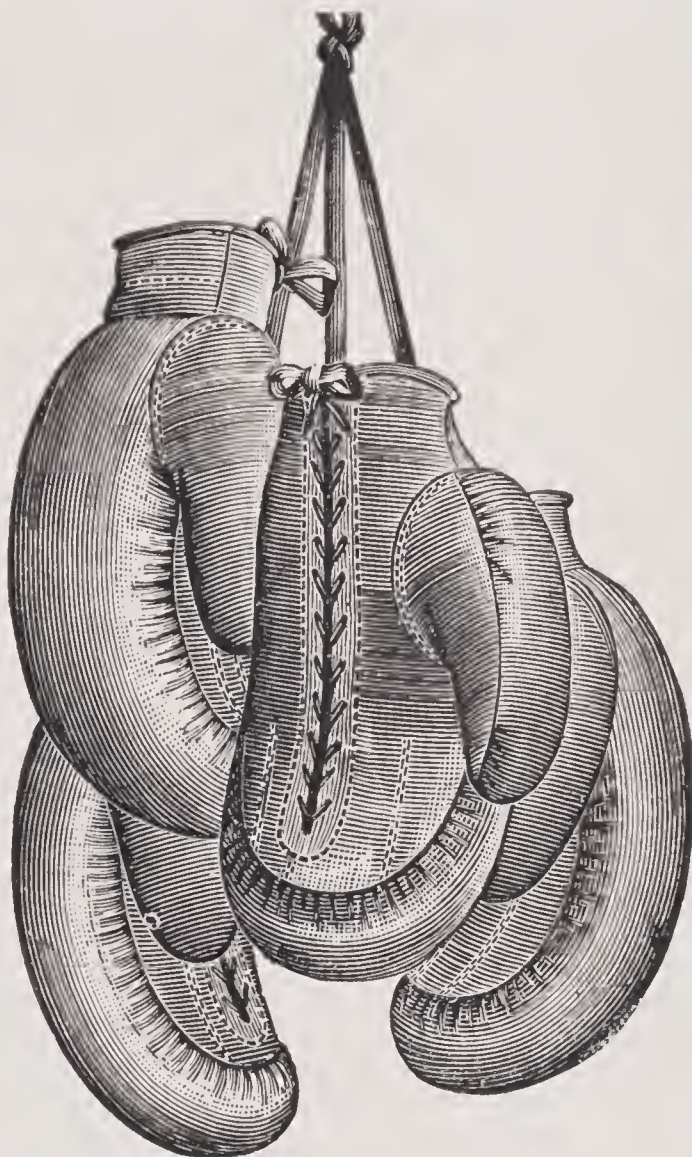
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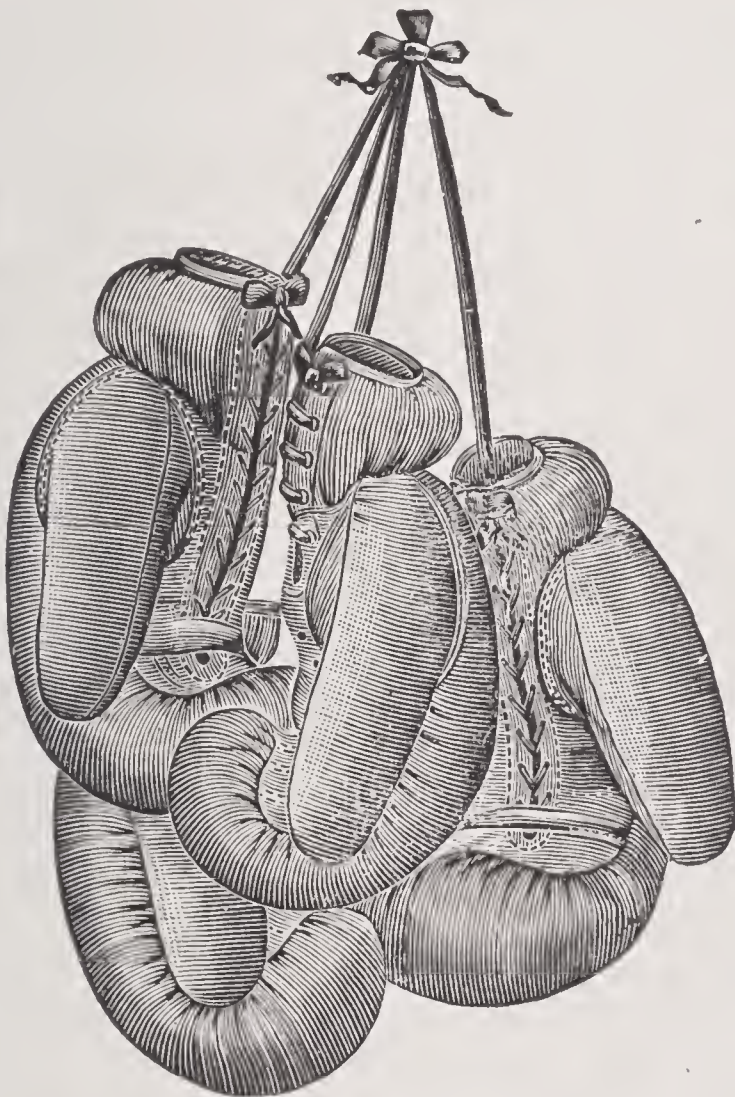
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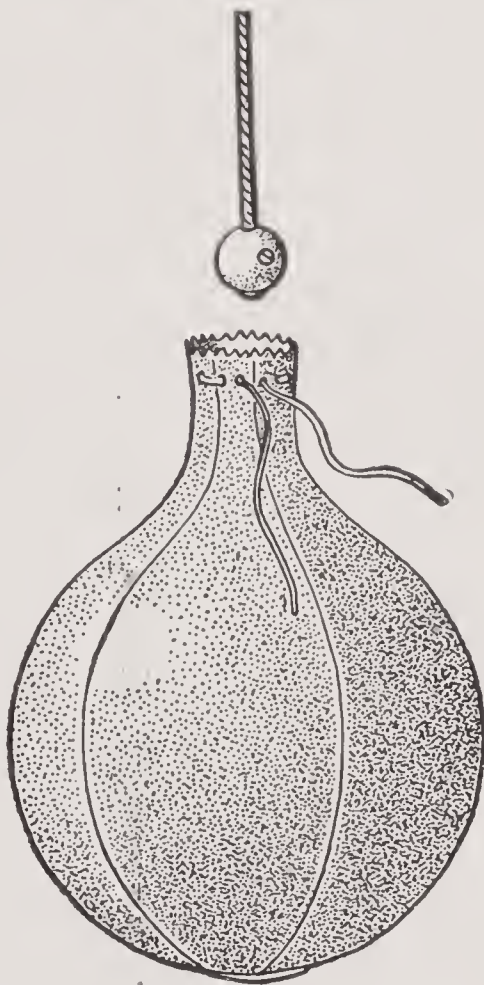
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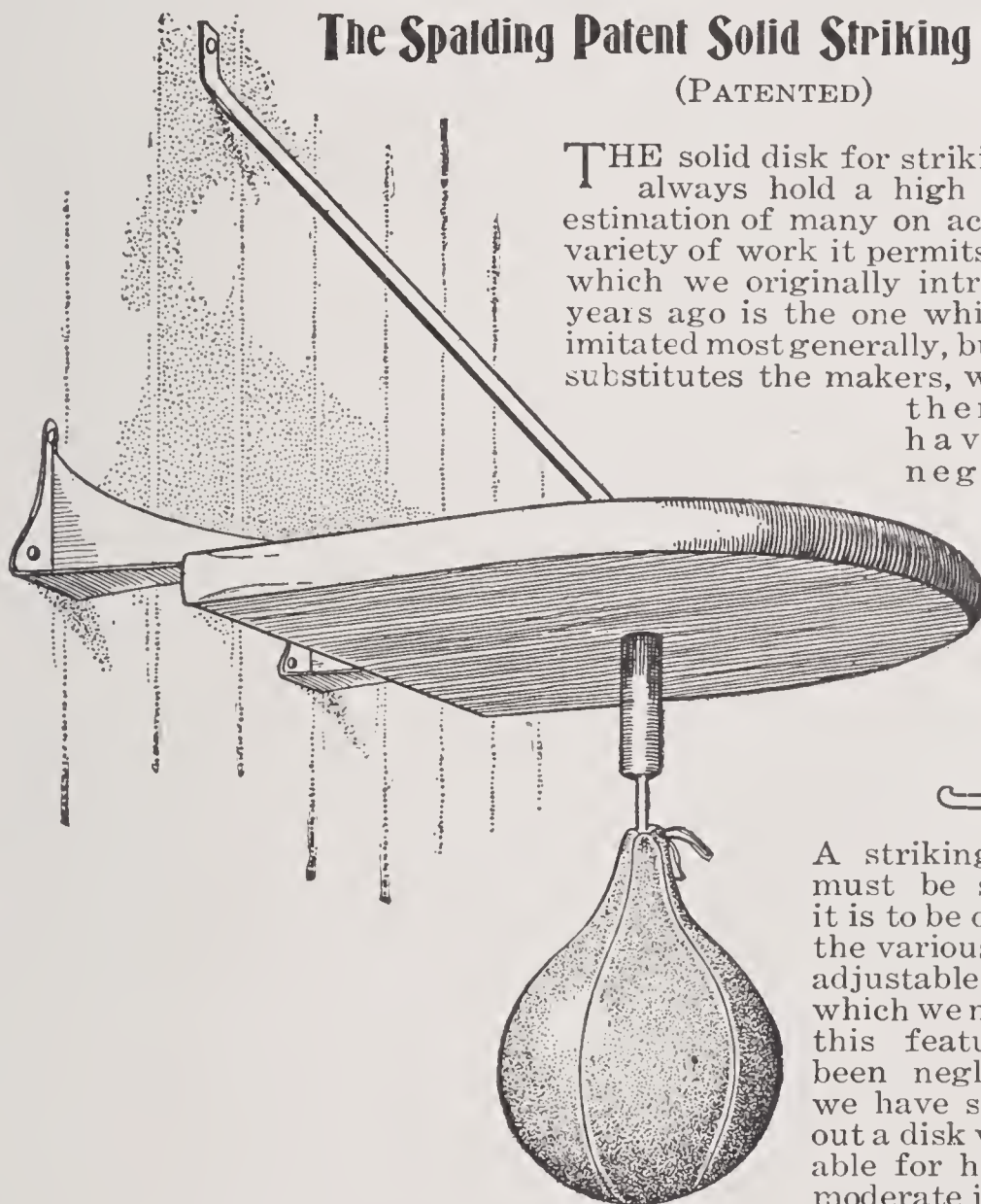
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Spalding's Athletic Library is devoted to all athletic sports and pastimes, indoor and outdoor, and is the recognized American cyclopedia of sport. Each book is complete in itself; and those sports which are governed by National Associations always designate Spalding's Athletic Library as the official publication. This gives to each book the official authority to contain the rules. Each year the books are brought up to date, with the latest rules, new ideas, new pictures and valuable information, thus making the series the most valuable of its kind in the world. The price, 10 cents per copy, places them in the reach of all, and no one's library can be complete unless all numbers are found therein.

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Edited by James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union; tells how to organize an athletic club, how to conduct an athletic meeting, and gives rules for the government of athletic meetings; contents also include directions for building a track and laying out athletic grounds, and a very instructive article on training; fully illustrated with pictures of leading athletes in action. Price 10 cents.

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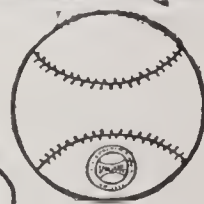
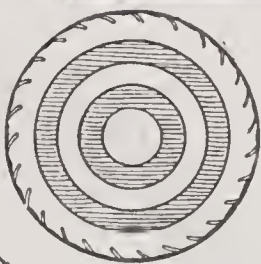
By G. M. Martin, Physical Director of the Y. M. C. A. of Youngstown, Ohio. It is a book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. The contents comprise: The place of the class in physical training; grading of exercises and season schedules—grading of men, grading of exercises, season schedules for various classes, elementary and advanced classes, leaders, optional exercises, examinations, college and school work; calisthenic exercises, graded apparatus exercises and general massed class exercises. Nearly 200 pages. Price 10 cents.

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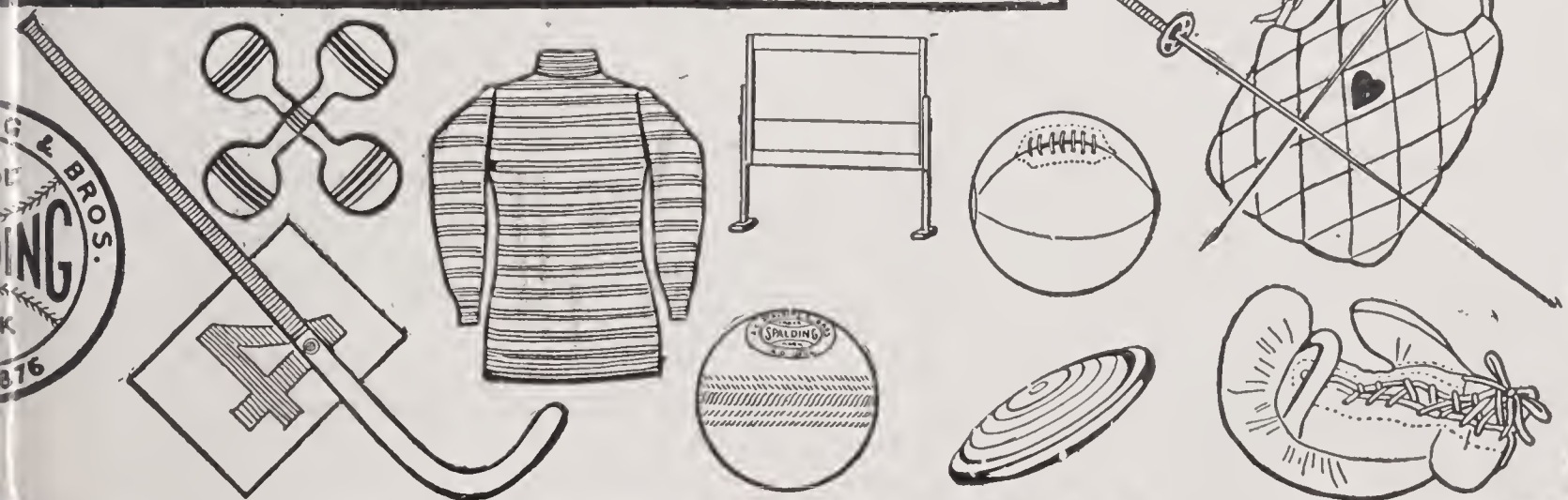
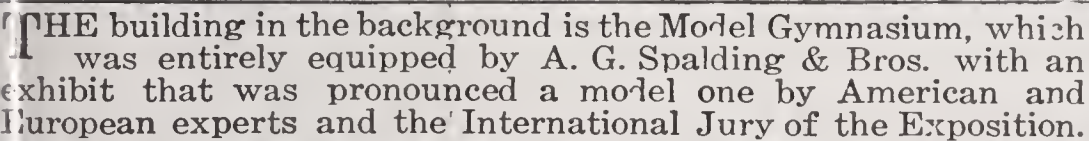
IN all athletic contests the implements and apparatus must conform to the official rules as laid down by the governing bodies of the various sports, the object being to enable all contestants to compete under uniform conditions and with the same kind of an implement, for a record in any sport will not be allowed unless the official implement is used. That is why Spalding implements are always selected, because they never vary in weight or measurement, but invariably conform to the rules. . . .



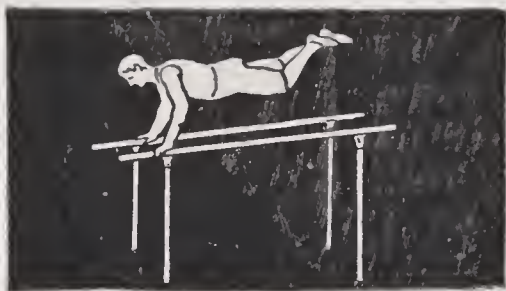
THE above illustration shows the Stadium at St. Louis, in which the Olympic Games of 1904 were held. The field, which was designed and equipped by A. G. Spalding & Bros., was declared by experts to be the most perfect outdoor athletic plant ever built.



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No. 124—How to Become a Gymnast

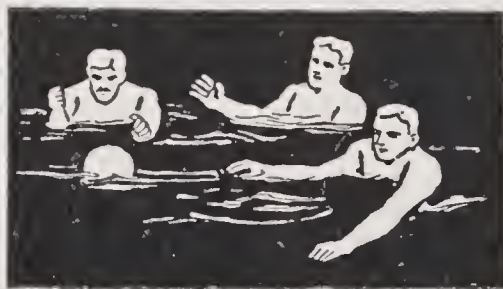
By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy who frequents a gymnasium can easily follow the illustrations and instructions in this book and with a little practice become proficient on the horizontal and parallel bars, the trapeze or the "horse." Price 10 cents.



No. 128—How to Row

By E. J. Giannini, of the New York A. C., one of America's most famous amateur oarsmen and champions. This book will instruct any one who is a lover of rowing how to become an expert. It is fully illustrated, showing how to hold the oars, the finish of the stroke and other information that will prove valuable to the beginner. Contains also the official

laws of boat racing of the National Association of Amateur Oarsmen. Price 10 cents.



No. 129—Water Polo

By Gus Sundstrom, instructor at the New York A. C. It treats of every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.



No. 135 – Official Handbook of the A. A. U. of the United States

The A. A. U. is the governing body of athletes in the United States of America, and all games must be held under its rules, which are exclusively published in this handbook, and a copy should be in the hands of every athlete and every club

officer in America. This book contains the official rules for running, jumping, weight throwing, hurdling, pole vaulting, swimming, boxing, wrestling, etc., and is an encyclopedia in itself. Price 10 cents.

No. 136—Official Y. M. C. A. Handbook

Edited by G. T. Hepbron, the well-known athletic authority. It contains the official rules governing all sports under the jurisdiction of the Y. M. C. A., a complete report of the physical directors' conference, official Y. M. C. A. scoring tables, pentathlon rules, many pictures of the leading Y. M. C. A. athletes of the country, official Y. M. C. A. athletic rules, constitution and by-laws of the Athletic League of Y. M. C. A., all around indoor test, volley ball rules; illustrated. Price 10 cents.

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Contains directions for playing, diagrams of important strokes, description of grounds, instructions for the beginner, terms used in the game, and the official playing rules. Price 10 cents.

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Catch as catch can style. By E. H. Hitchcock, M. D., of Cornell, and R. F. Nelligan, of Amherst College. The book contains nearly seventy illustrations of the different holds, photographed especially and so described that anybody who desires to become expert in wrestling can with little effort learn every one. Price 10 cents.

No. 142—Physical Training Simplified

By Prof. E. B. Warman, the well-known physical culture expert. Is a complete, thorough and practical book where the whole man is considered—brain and body. By following the instructions no apparatus is required. The book is adapted for both sexes. The exercises comprise directions as follows: how to stand; how to sit; how to rest; breathing; exercises for the fingers, wrists, elbows, shoulders, neck, hips, knees, ankles; a word about the muscles; the arms and thighs; shoulders and chest; waist; sides; back and abdomen; bowing; bending; twisting; the liver squeezer, etc., etc. Fully illustrated. Price 10 cents.



No. 143—Indian Clubs and Dumb-Bells

Two of the most popular forms of home or gymnasium exercise. This book is written by America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.

No. 149—The Care of the Body

A book that all who value health should read and follow its instructions. By Prof. E. B. Warman, the well known lecturer and authority on physical culture. The subject is thoroughly treated, as a glance at the following small portion of the contents shows: An all-around athlete; muscular Christianity; eating; diet—various opinions; bill of fare for brain workers; bill of fare for muscle-makers; what to eat and drink; a simple diet; an opinion on brain food; why is food required? drinking water; nutrition—how food nourishes the body; a day's food, how used; constituents of a day's ration—beefsteak, potatoes bread, butter, water; germs of disease; etc. Price 10 cents.



No. 154—Field Hockey

To those in need of vigorous and healthful out-of-doors exercise, this game is recommended highly. Its healthful attributes are manifold and the interest of player and spectator alike is kept active throughout the progress of the game. The game is prominent in the sports at Vassar, Smith, Wellesley, Bryn Mawr and other leading colleges. Price 10 cents.

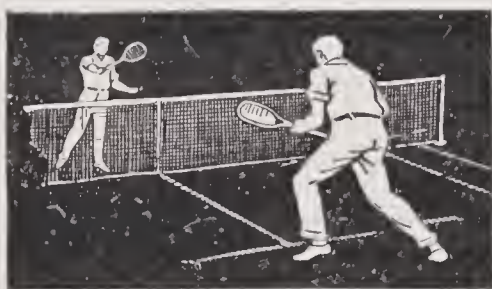


No. 156—The Athlete's Guide

How to become an athlete. It contains full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; in fact, this book is one of the most complete on the subject that has ever appeared. Special chapters contain valuable advice to beginners and important A. A. U. rules and their explanations, while the pictures

comprise many scenes showing champions in action. Price 10 cents.

Spalding's Athletic Library



No. 157—How to Play Lawn Tennis

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes; styles and skill of the experts; the American twist service; how to build and keep a court. Illustrated from photographs of leading players in action. Price 10 cents.

No. 158—Indoor and Outdoor Gymnastic Games

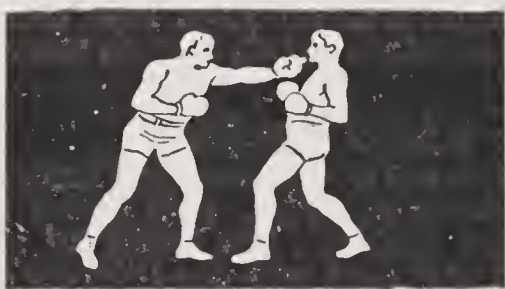
Without question one of the best books of its kind ever published. Compiled by Prof. A. M. Chesley, the well-known Y. M. C. A. physical director. It is a book that will prove valuable to indoor and outdoor gymnasiums, schools, outings and gatherings where there are a number to be amused. The games described comprise a list of 120, divided into several groups. Price 10 cents.



No. 161—Ten Minutes' Exercise for Busy Men

By Dr. Luther Halsey Gulick, superintendent of physical training in the New York public schools. Anyone who is looking for a concise and complete course of physical education at home would do well to procure a copy of this book. Ten minutes' work as directed is exercise anyone can follow. It already has had a large

sale and has been highly commended by all who have followed its instructions. Nearly 100 pages of illustrations and 100 of text. Price 10 cents.



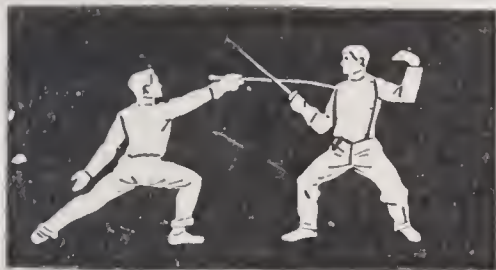
No. 162—How to Become a Boxer

For many years books have been issued on the art of boxing, but it has remained for us to arrange a book that we think is sure to fill all demands. It contains over 70 pages of illustrations showing all the latest blows, posed especially for this book under the supervision of one of the best instructors of boxing in the United States, who makes a specialty of teaching and

who knows how to impart his knowledge. They are so arranged that anyone can easily become a proficient boxer. The book also contains pictures of all the well known boxers. A partial list of the 200 pages of the book include: A history of boxing; how to box; the correct position; the hands; clenching the fist; the art of gauging distance; the first principles of hitting; the elements of defence; feinting; knockout blows; the chin punch; the blow under the ear; the famous solar plexus knockout; the heart blow; famous blows and their originators: Fitzsimmons' contribution; the McCoy corkscrew; the kidney punch; the liver punch; the science of boxing; proper position of hand and arm; left hook to face; hook to the jaw; how to deliver the solar plexus; correct delivery of a right uppercut; blocking a right swing and sending a right uppercut to chin; blocking a left swing and sending a left uppercut to chin; the side step; hints on training, diet and breathing; how to train; rules for boxing. Price 10 cents.

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No. 165—The Art of Fencing



This is a new book by Regis and Louis Senac, of New York, famous instructors and leading authorities on the subject. Messrs. Senac give in detail how every move should be made, and tell it so clearly that anyone can follow the instructions. It is illustrated with sixty full page pictures, posed especially for this book. Price 10 cents.

No. 166—How to Swing Indian Clubs



By Prof. E. B. Warman, the well-known exponent of physical culture. The most complete work on this special subject ever issued. By following the directions carefully anyone can become an expert. Price 10 cents.

No. 167—Quoits



By M. W. Deshong. The need of a book on this interesting game has been felt by many who wished to know the fine points and tricks used by the experts. Mr. Deshong explains them, with illustrations, so that a novice can readily understand. Price 10 cents.

No. 170—Push Ball

Played with an air-inflated ball 6 feet in diameter, weighing about 50 pounds. A side consists of eleven men. This book contains the official rules and a sketch of the game; illustrated. Price 10 cents.



No. 171—Basket Ball for Women

Edited by Miss Senda Berenson, of Smith College. Contains the rules for basket ball for women as adopted by the conference on physical training, held in June, 1899, at Springfield, Mass., and articles on the following subjects: Psychological effects of basket ball for women, by Dr. Luther H. Gulick, superintendent of physical

training in the schools of Greater New York; physiological effects of basket ball, by Theodore Hough, Ph. D.; significance of basket ball for women, by Senda Berenson; relative merit of the Y. M. C. A. rules and women's rules, by Augusta Lane Patrick; practical side of basket ball, by Ellen Emerson, B. K., Agnes Childs, A. B., Fanny Garrison. A. B.; A Plea for Basket Ball, by Julie Ellsbee Sullivan, Teachers' College, New York; diagram of field, showing position of team; illustrated with many pictures of basket ball teams. Price 10 cents.

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No. 174—Distance and Cross Country Running

By George Orton, the famous University of Pennsylvania runner. Tells how to become proficient at the quarter, half, mile, the longer distances, and cross-country running and steeplechasing, with instructions for training and schedules to be observed when preparing for a contest. Illustrated with numerous pictures of

leading athletes in action, with comments by the editor on the good and bad points shown. Price 10 cents.



No. 177—How to Swim

By J. H. Sterrett, the leading authority on swimming in America. The instructions will interest the expert as well as the novice; the illustrations were made from photographs especially posed, showing the swimmer in clear water; a valuable feature is the series of "land drill" exercises for the beginner, which is illustrated by many drawings. The contents comprise: A plea

for education in swimming; swimming as an exercise and for development; land drill exercises; plain swimming; best methods of learning; the breast stroke; breathing; under-arm side stroke; scientific strokes--over-arm side stroke; double over-arm or "trudgeon" stroke; touching and turning; training for racing; ornamental swimming; floating; diving; running header; back dive; diving feet foremost; the propeller; marching on the water; swimming on the back; amateur swimming rules; amateur plunging rules.. Price 10 cents.



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Gives methods of the best riders when training for long or short distance races; hints on training. Revised and up-to-date in every particular. Price 10 cents.

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A new game for the gymnasium, invented by Dr. J. M. Vorhees of Pratt Institute, Brooklyn, that has sprung into instant popularity; as exciting as basket ball. This book contains official rules. Price 10 cents.

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Gives in full the method of scoring the All-Around Championship, giving percentage tables showing what each man receives for each performance in each of the ten events. It contains as well instructive articles on how to train for the All-Around Championship. Illustrated with many pictures of champions in action and scenes at all-around meets. Price 10 cents.

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No. 185—Health Hints

A series of articles by Prof. E. B. Warman, the well known lecturer and authority on physical culture. Prof. Warman treats very interestingly of health influenced by insulation; health influenced by underwear; health influenced by color; exercise, who needs it? Price 10 cents.

No. 187—How to Play Roller Polo

Edited by J. C. Morse. A full description of the game; official rules; pictures of teams; other articles of interest. Price 10 cents.

No. 188—Lawn Hockey, Tether Tennis, Golf Croquet, Volley Ball, Hand Tennis, Garden Hockey, Parlor Hockey, Badminton

Containing the rules for each game. Illustrated. Price 10 cents.

No. 189—Rules for Games

Compiled by Jessie H. Bancroft, director of physical training, department of education, New York City. These games are intended for use at recesses, and all but the team games have been adapted to large classes. Suitable for children from three to eight years, and include a great variety, divided under the general heads of ball games, bean bag games, circle games, singing and miscellaneous games. Price 10 cents.



No. 191—How to Punch the Bag

By W. H. Rothwell ("Young Corbett"), champion featherweight of the world. This book is undoubtedly the best treatise on bag punching that has ever been printed. Every variety of blow used in training is shown and explained. The pictures comprise thirty-three full page reproductions of Young Corbett as he appears while at work in his training quarters. The photographs were taken by our special artist and cannot be seen in any other publication than Spalding's Athletic Library No. 191. Fancy bag punching is treated by a well known theatrical bag puncher, who shows the latest tricks. Price 10 cents.



No. 193—How to Play Basket Ball

By G. T. Hepbron, editor of the Official Basket Ball Guide. Contains full instructions for players, both for the expert and the novice, duties of officials, and specially posed full page pictures showing the correct and incorrect methods of playing. The demand for a book of this character is fully satisfied in this publication, as many points are included which could not be incorporated in the annual publication of the Basket Ball Guide for want of room. Price 10 cents.

Spalding's Athletic Library



No. 194—Racquets, Squash-Racquets and Court Tennis

photographs of well known courts. Price 10 cents.

The need of an authoritative handbook at a popular price on these games is filled by this book. How to play each game is thoroughly explained, and all the difficult strokes shown by special photographs taken especially for this book. Contains the official rules for each game, with



No. 195—Official Roque Guide

The official publication of the National Roque Association of America. Edited by Prof. Charles Jacobus, ex-champion. Contains a description of the courts and their construction, diagrams of the field, illustrations, rules and valuable information concerning the game of roque. Price 10 cents.



No. 199—Equestrian Polo Guide

Compiled by H. L. FitzPatrick of the New York Sun. Illustrated with portraits of leading players and contains most useful information for polo players in relation to playing the game, choosing of equipment and mounts; contains the official rules and handicaps of the National Association, Price 10 cents.



No. 200—Dumb-Bells

This is undoubtedly the best work on dumb-bells that has ever been offered. The author, Mr. G. Bojus, of New York City, was formerly superintendent of physical culture in the Elizabeth (N.J.) public schools, instructor at Columbia University, instructor for four years at the Columbia summer school, and is now proprietor of the Liberty Street Gymnasium, at 121 Liberty Street, New York City. The book contains 200 photographs of all the various exercises, with the instructions in large, readable type. It should be in the hands of every teacher and pupil of physical culture, and is invaluable for home exercise as well. Price 10 cents.

No. 201—Lacrosse—From Candidate to Team

By William C. Schmeisser, captain Johns Hopkins University champion intercollegiate lacrosse team of 1902; edited by Ronald T. Abercrombie, ex-captain and coach of Johns Hopkins University lacrosse team, 1900-1904. Every position is thoroughly explained in a most simple and concise manner, rendering it the best manual of the game ever published. Illustrated with numerous snapshots of important plays. Price 10 cents.

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Edited by T. H. Murnane. New and revised edition. Contents: How to become a batter, by Napoleon Lajoie, James Collins, Hugh Jennings and Jesse Tannehill; how to run the bases, by Jack Doyle and Frank L. Chance; advice to base runners, by James E. Sullivan, Secretary-Treasurer A.A.U.; how to become a good pitcher,

by Cy Young, "Rube" Waddell and Bert Cunningham; on curve pitching, by Cy Young, James J. Callahan, Frank Donahue, Vic Willis, William Dineen and Charley Nichols; how to become a good catcher, by Eddie Phelps, William Sullivan and M. J. Kittridge; how to play first base, by Hugh Jennings; how to play second base, by Napoleon Lajoie and William Gleason; how to play third base, by James Collins and Lave Cross; how to play shortstop, by Herman Long; how to play the infield, by Charles A. Comiskey; how to play the outfield, by Fred Clarke; the earmarks of a ball player, by John J. McGraw; good advice for players; how to organize a team; how to manage a team; how to score a game; how to umpire a game; base ball rules interpreted for boys. Price 10 cents.

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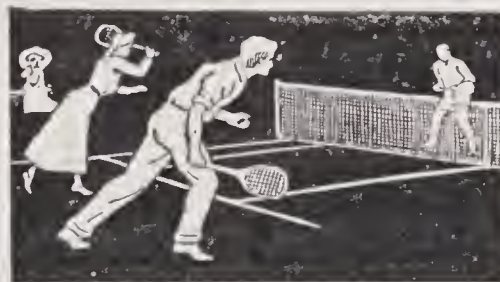
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No. 231—How to Coach; How to Captain a Team; How to Manage a Team; How to Umpire: How to Organize a League.



A useful guide to all who are interested in the above subjects. Jimmy Collins, manager-captain of the Boston Americans, writes on coaching; M. J. Kelly of the St. Paul champions, on captaining; Al Buckenberger of the Boston Nationals, on managing; Frank Dwyer of the American League staff, on umpiring; Fred Lake on minor leagues, and the editor of the book, T. H. Murnane, President of the New

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No. 232—How to Run the Bases



The importance of base running as a scientific feature of the national game is becoming more and more recognized each year. Besides being spectacular, feats of base stealing nearly always figure in the winning of a game. Many a close contest is decided on the winning of that little strip of 90 feet which lies between cushions. When hits are few and the enemy's pitchers steady, it becomes incumbent on the opposing team to get around the bases in some manner. Effective stealing not only increases the effectiveness of

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the team by advancing its runners without wasting hits, but it serves to materially disconcert the enemy and frequently has caused an entire opposing club to temporarily lose its poise and throw away the game. This book gives clear and concise directions for excelling as a base runner; tells when to run and when not to do so; how and when to slide; team work on the bases; in fact, every point of the game is thoroughly explained. In addition such clever men as Harry Bay, the fleet footed Clevelander; Frank Chance, Bill Dahlen and Hans Wagner describe their methods of action. Illustrated with pictures of leading players. Price 10 cents.

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